

QUIT BRIEF

COUNTDOWN

TO QUIT!

Quitting tobacco is one of the most popular and challenging New Year's resolutions. If Service members want to quit tobacco in 2020, including e-cigarettes, the secret to success is planning ahead. Encourage Service members to follow this timeline in December so they are ready to quit on January 1.

Use the first week of the month to think about quitting tobacco.

Quitting requires a mix of motivation and planning.

Be honest to find out if now is the right time to quit.



If you feel ready, use the next two weeks to prepare to quit.

Talk to your provider about using medications (prescription and over-the-counter) and programs together.

Some medications require you to start taking them before you quit, so plan accordingly before you go on leave.

Make a quit plan.

Identify tough quit moments so you can fight through them (think: beating cravings, overcoming weight gain and managing stress).

Let your support system know how they can help you during your quit.

Quit Day!

The day has come! Lean on your family and friends, cut yourself some slack and remind yourself that every milestone should be celebrated.

THE CAMPAIGN

How to Quit Vaping

Are Service members worried about the news on vaping or want to quit to break the tie to nicotine? They're not alone. Share this new resource with six steps to quit vaping.

Check out a new section of the website: Observances and Events

Find information and resources on health observances as well as events where you may be able to catch the YouCanQuit2 team.

LATEST IN TOBACCO

A new report published by CDC shows that more cigarette smokers are 1) attempting to quit and 2) successfully quitting. For the U.S. adult population (18 years and older), cigarette smoking is at an all-time low. However, other tobacco product use (like e-cigarettes) increased.

Remind Service members it is never too late to quit and encourage them to use YouCanQuit2 resources.